

## CRIPPLED BY RHEUMATISM

Began to Improve After Taking "Fruit-a-lives"

**The Medicine Made From Fruit**  
You can get rid of Rheumatism. You can be free of pain-of swollen hands and feet-of aching arms, legs and back.  
"Fruit-a-lives" will drive the cause of Rheumatism out of the system and give you permanent relief.  
"For over three years, I was confined to bed with Rheumatism. Finally I decided to try 'Fruit-a-lives'. Before using half a box, I noticed improvement. I continued taking 'Fruit-a-lives' improving all the time. I can now walk about two miles and do chores around the place."  
ALEX. MUNRO, Lorne, Ont.  
50c. a box, 8 for \$2.50, trial size 25c. At dealers or from Fruit-a-lives Limited, Ottawa, Ont.

**Sores Flee Before It.**—There are many who have been afflicted with sores and have driven them away with Dr. Thomas' Electric Oil. All similarly troubled should lose no time in applying this splendid remedy, as there is nothing like it to be had. It's cheap, but its power is in no way expressed by its low price. m

### UNEXCELLED IN THE DOMINION

**ELLIOTT Business College**  
Yonge and Charles sts., Toronto.

It is noted for high grade preparation for choice business positions and for promptness in helping graduates to get employment. Open all year. Enter now.  
W. J. ELLIOTT, Principal.

### Central Business College

STRATFORD, ONTARIO

**WINTER TERM FROM JAN. 2**  
The leading practical training school of Western Ontario. The school where you get a thorough course under competent instructors in Commercial, Shorthand and Telegraphy Departments. We assist graduates to positions. Write for free catalogue.  
D. A. McLACHLAN, Principal.

### A. D. Hone

PAINTER AND DECORATOR  
PAPER HANGING

WATFORD - ONTARIO

**GOOD WORK**  
**PROMPT ATTENTION**  
**REASONABLE PRICES**  
**ESTIMATES FURNISHED**  
**SATISFACTION GUARANTEED**

RESIDENCE—ST. CLAIR ST.

### GRAND TRUNK RAILWAY SYSTEM

TIME TABLE

Trains leave Watford station as follows:

**GOING WEST**  
Accommodation, 11.11 a.m.  
Chicago Express, 11.22 a.m.  
Detroit Express, 11.33 a.m.  
(a) Chicago Express, 11.44 a.m.

**GOING EAST**  
Ontario Limited, 8.00 a.m.  
Chicago Express, 8.11 a.m.  
Express, 8.22 a.m.  
Accommodation, 11.22 a.m.  
(a) Stops to let off passengers from Hamilton and east thereof and to take on passengers for Chicago.

C. W. VAIL, Agent, Watford.

When a mother detects from the writhing and fretting of a child that worms are troubling it, she can procure a reliable remedy in Miller's Worm Powders which will expel all worms from the system. They may cause vomiting, but this need cause no anxiety, because it is but a manifestation of their thorough work. No worms can long exist where these Powders are used. m

### CASTORIA

For Infants and Children  
In Use For Over 30 Years

Always bears the Signature of

Wm. D. Mitchell

### WISPS AND WISDOM

Conscience warns us as a friend before punishing us as a judge.

Business is like a wheelbarrow—it stands still unless it is pushed.

We have more leisure now in one year than our forefathers had in twenty.

One bit of heroism is always within our power, the keeping of our petty troubles to ourselves.

Everyday is a new teacher, and arrives with fresh lessons for all who are willing to learn.

If you will learn the true meaning of the word NOW you will soon be able to spell it the other way W O N.

The number of diplomas a young man has in his pocket isn't half as important as the amount of determination he has in his head.

The man who smoothes a wrinkle into a smile, he who supplies a pleasant thought when one is wanted; who thus repairs and renews God's handiwork, counts with the truest of all the world's benefactors.

### LAMBTON'S 149, I.O.D.E.

The May meeting of the Lambtons 149 I.O.D.E. was held at the home of Mrs. F. A. MacLean on Tuesday, May 8th. There were fifteen members present and Mrs. Leigh, regent, presided. The meeting opened by singing the National Anthem and repeating the I.O.D.E. prayer.

It was decided to postpone the play the I.O.D.E. anticipated putting on in the near future until the autumn.

Envelopes were distributed to be delivered by the ladies to aid the Salvation Army in their work.

A communication was read inviting the Chapter to Dr. Hill's lecture in the High School on Wednesday evening.

There was a motion to the effect that the stove and boiler may be rented for the sum of \$2.50.

The meeting closed by singing "God Save the King" after which the hosts served lunch. The June meeting will be held at the home of Mrs. Morningstar.

### WATFORD COUNCIL

Watford, May 7, 1923  
Regular meeting of Council. Present Messrs. Connolly, Hollingsworth, McCormick, Doar and Fuller.

Minutes of former meeting were read and no objection being offered Reeve confirmed same.

Doar—McCormick, that the Clerk advertise the Court of Revision and that it be held on May 31st, at 11 o'clock a.m.—Carried.

Finance Committee examined accounts and recommended payment.

R. Hollingsworth, labor, \$ 12.00  
John Shaw, care of fire hall, 10.00  
Jno. McIntosh, lab. and team, 7.20  
Jno. Jackson, ditto, 49.80  
Ben Doan, labor, 14.70  
I. J. Hastings, doubletree, 1.50  
Peter McNaughton, labor, 3.00  
And. Harrower, labor, 8.70  
J. W. McLaren, acct., 10.50  
Treas. Hydro Com., light ac, 128.50  
Treas. Bd. Ed. Public School, 650.00

Guide-Advocate, printing auditors' report, 30.00  
E. Dobbin, draying, 4.85  
J. F. Elliot, salary, 15.00  
Earl Roberts, labor, 16.50  
Art. Newell, labor and team, 40.60  
Hollingsworth—Doar, that accounts be passed and Reeve grant, his order.—Carried.

McCormick—Fuller, that we adjourn.—Carried.

W. S. Fuller, Clerk.

The barn of Albert Mark, Parkhill, was destroyed by fire Wednesday night of last week.

### TWO THINGS THAT HURT THE EYES

A person has been known to say, "I have ruined my eyes by reading too much." Not so—the eyes were made to use. One sure way to permanently injure the eyes is

### READING BY INTENSE LIGHT

The light should come through ground glass to soften it. Never use clear glass for either gas or electricity. Oil lamps give out a soft light, therefore clear glass chimneys.

### READING BY DIM LIGHT

Take our advice—do not read or sew by a dim light—it will be a direct strain upon the sight centres of the brain. On these two things hang the fundamental laws of sight economy. Never use cheap or pick-up glasses—come to us for advice about things optical.

Everything needful here.

Take good care of your iiiiii's!

Carl A. Class  
Jeweler and Optician

### GENTLE REMINDERS

Yesterday is dead—forget it. Tomorrow has not come—don't worry. To-day is here—use it.

Remember that we form a part of they.

The poorest way to be busy is to be a busy body.

### PLYMPTON

Mrs. Nancy Dewar, Sarnia, spent the weekend with Mrs. J. McCormick London Road.

Miss Gladys MacDougall, nurse-in-training, Victoria Hospital, spent last week at her home, London road, convalescing from an attack of flu.

Miss Clara Grieve is visiting with relatives in London.

A number of the ladies from South Plympton congregation attended the Presbyterial which was held in St. Andrew's church, Sarnia, this week.

### INWOOD

Miss Edith Hopkins, graduate of McDonald Institute, Guelph, will address the Women's Institute in the Masonic Hall at 2.30 p.m. Thursday, May 17th. All women of the community and girls over fourteen are welcome.

Dr. C. L. Taylor of Forest was in town Wednesday.

Mr. James Johnston of Port Huron spent Sunday at his home here.

Mr. Arthur Higgins and family of Warwick spent Sunday at Robert Dawson's.

Mrs. C. L. Taylor and mother, Mrs. Lindsay, of Forest, were in town one day last week.

Mr. J. Thomas of North Branch, Mich., was in town last week.

Dr. and Mrs. McLean spent Sunday with the doctor's mother near Glencoe.

Mr. and Mrs. W. Neil spent Sunday near Sunnyside.

Rev. Streeter spent Monday in town.

Mrs. George Greer, Mrs. deGex of Kerwood spent Friday at R. J. Richardson's.

Mr. George Chapman is spending his holidays here.

Mr. DuPlan, London, was in town last week.

Mr. and Mrs. Henry Johnston and Mrs. Wes. Tait spent Sunday at Hugh Johnston's.

George F. Johnston was in town Monday.

Misses Annie and Margaret Armstrong are visiting in Detroit.

Mrs. Milner of Forest spent Friday at her parents, Mr. and Mrs. R. J. Richardson.

The young people of St. Paul's church, Kerwood, put on a play at Inwood entitled "Dust of the Earth" which was much enjoyed.

Mr. and Mrs. Eli Carroll spent one evening last week with Mr. and Mrs. R. J. Richardson.

### KERWOOD

Miss Thelma Brunt, Miss E. Williams and Miss A. Wrong of Windsor spent the weekend with the former's parents, Mr. and Mrs. J. M. Brunt.

Rev. and Mrs. Rutherford and family of Mt. Brydges visited in the village recently.

Mr. and Mrs. E. Tidball and son Milton of Glencoe visited at Mr. John Richardson's over Sunday.

Miss Edythe Hughes of Sarnia spent a few days with her sister, Mrs. L. Cook.

Mrs. O. Dowding and little sons of Port Huron visited at Mr. G. J. Dowding's.

Miss M. Barnes is leaving shortly for Toronto. Miss Barnes made many friends while here and will be greatly missed.

Mr. J. M. Brunt left this morning for Angusville, Man.

The W. M. S. of the Methodist church will meet on Friday afternoon of this week at the home of Mrs. H. Watson, an interesting program including the treasurer's and secretary's report of the last year will be given. A good attendance is requested.

The members of the Epworth League spent a very pleasant time at their last meeting when there were thirty-six present. Two splendid papers were given, one by Miss Clarke on "Good Measure" and "The Privileges of Membership" by Russell Johnston. There were some good contests and a spelling game. Candy was passed at the close of the meeting.

The residence of Charles Murphy, one-half mile east of this place, on the fourth line of Adelaide Township was completely destroyed by fire, discovered at 3.30 Monday morning. The fire is believed to have originated from a brooder in the kitchen and had gained such headway when discovered that practically everything was lost. Damage is estimated at \$2,000.

Read the Want Ads on Page Four.

### Slats' Diary

By Ross Farquhar

Friday—Well me and pa had a good joke on ma today. Having bin sick and ill for a couple of days the Dr. had bin coming every once and a while to see her & ast a lot of foolish questions and ect, well today the preacher frum are church cums to see how was she a getting along and when he cums in and ast her how did she feel she was absent minded and put out her tung at him like she had bin in the habit of doing at the Dr. & he diddent hardly no what to think till he seen me and pa splitting are sides Open laffing and then he seen the joak and laffed hartly with us.

Saturday—Grate game of ball today we beat the South End Ruff Necks 27 to 19. I personally nocked a 3 bagger for 3 bases. I gess I made a name for myself all rite. A coming home on the bus I give up my seat to a older lady and she sed Thank you I hate to Deprive you out of yure seat but I replied and sed It wassent no Depravity a tall.

Sunday—Got all the Sunday papers but not a wurd of my 3 bagger and still these noosepaper men calls there self sporting Editors. This goes to show how well they are onto there Job.

Monday—Pa cum home sick this evning and ma puts a mustard Plaster on his hed and put his ft. in boiling water and he smed disturbedly and sed he felt like the Candle witch was getting burnt at both ends at once.

Tuesday—I ast ma what was the reason that sum men makes money & others had a hard time getting a long. And she sed well sum men sells there self to the world wile they are other men witch just give there self away. And then she give a look at pa witch sed nothing and repeated it over.

Wednesday—1 of are neibors is a inventor and now he says he has invented a machine witch will do 4 wimmens work. Frum what pa sed ma thinks she married 1 of them.

Thursday—Are preacher told ma he was going to preach a good sermon about Liars. But ma pirsawded him to put it off till sum rainy Sunday because if it was a nice day all the people he wanted to hit wood be out on the Golf linx a playing there favoret past time.

### HALL'S CATARRH MEDICINE

Those who are in a "run down" condition will notice that Catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a tonic and Blood Purifier, and acts through the blood upon the mucous surfaces of the body, thus reducing the inflammation and restoring normal conditions. m

### Piles

QUICKLY BANISHED

"I suffered years of agony through blind itching piles," says Mrs. W. Hughes, of Hochelaga St., Montreal.

"Pain, loss of strength, complete misery, was my daily lot until I came across Zam-Buk. I know now that there is nothing on this earth to equal this grand herbal healer. Since Zam-Buk lifted me from misery my earnest wish is that it will be made known to all other piles sufferers."

### Moves Pain Like Magic!

Words can never fully describe the grateful relief which herbal Zam-Buk brings. With it there is instant allaying of burning pain and itching; swollen, inflamed parts are soothed and healed, causing the piles to gradually but completely disappear. Zam-Buk is equally splendid in eczema, bad legs, scalp disease, poisoned wounds, burns, scalds, etc. 50c box, all dealers.

### Zam-Buk

NATURE'S HERBAL BALM

## MRS. DAVIS NERVOUS WRECK

Tells Women How She Was Restored to Perfect Health by Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work once more and it was a pleasure, not a burden. Now I have a fine bouncing baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."—Mrs. EMILY DAVIS, 721 McGee Street, Winnipeg, Man.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Cebourg, Ont. This book contains valuable information. c

Internal parasites in the shape of worms in the stomach and bowels of children sap their vitality and retard physical development. They keep the child in a constant state of unrest and if not attended to, endanger life. The child can be spared much suffering and the mother much anxiety by using a reliable worm remedy, such as Miller's Worm Powders, which are sure death to worms. m

Everyone reads the "Guide-Advocate Want Column" on page 4.

### MEDICAL

JAMES NEWELL, Ph.B., M.D., L.R.C.P. & S., M.B.M.A., England, Coroner County of Lambton, Watford, Ont. Office—Corner Main and Front Sts. Residence—Front st., one block east of Main st.

C. W. SAWERS, M.D., Phone 13. Watford, Ontario. Office—Main st. Residence—Ontario st., east. Office hours—8.30 to 9.30 a.m., 2 to 4 and 7 to 8 p.m. Sundays by appointment.

W. G. SIDDALL, M.D., Watford, Ontario. Office—Next to Public Library. Day and Night calls phone 26. Office hours—8.30 to 9.30 a.m., 2 to 4 and 7 to 8 p.m. Sundays by appointment.

### DENTAL

GEORGE HICKS, D.D.S., Trinity University, L.D.S., Royal College of Dental Surgeons, Post graduate of Bridge and Crown work, Orthodontia and Porcelain work. The best methods employed to preserve the natural teeth. Office—Opposite Siddall's Drug Store, Main st., Watford. At Queen's Hotel, Arkona, 1st and 3rd Thursday, of each month.

G. N. HOWDEN, D.D.S., L.D.S., Graduate of the Royal College of Dental Surgeons of Ontario, and the University of Toronto. Only the Latest and Most Approved Appliances and Methods used. Special attention to Crown and Bridge work. Office—Over Dr. Sawers', Main st., Watford, Ont.

### VETERINARY SURGEON

J. MCGILLICUDDY, Veterinary Surgeon. Honor Graduate Ontario Veterinary College. Dentistry a specialty. All diseases of domestic animals treated on scientific principles. Office—Two doors south of the Guide-Advocate office. Residence—Main street, one door north of Dr. Siddall's office.

### AUCTIONEER

J. F. ELLIOT, Licensed Auctioneer, for the County of Lambton. Prompt attention to all orders, reasonable terms. Orders may be left at the Guide-Advocate office.

### INSURANCE

### THE LAMBTON

FARMERS' MUTUAL FIRE INSURANCE COMPANY

(Established in 1875)

JOHN W. KINGSTON, President  
JAMES SMITH, Vice President  
ALBERT G. MINIELLY, Director  
THOMAS LITHGOW, Director  
GUILFORD BUTLER, Director  
JOHN PETER MCIVAR, Director  
JOHN COWAN K.C., Solicitor

J. F. ELLIOT  
ROBERT J. WHITE, Fire Inspectors  
ALEX. JAMIESON  
P. J. McEWEN, Auditors  
W. G. WILLOUGHBY, Manager and Watford  
PETER McPHERDAN, Wainstead  
Agent for Warwick and Plympton